



**I don't think of myself as a caregiver.**

I'm her husband. She needs me. And because she needs me, I know I need to take care of myself. Powerful Tools helped me do that.

**There's a Powerful Tools for Caregivers workshop starting soon near you!**

**When:** Thursdays, beginning  
April 16<sup>th</sup> through May 21<sup>st</sup>, 2020

**Time:** 12:30 pm – 3:00 pm

**Where:** Kewaunee Library  
822 Juneau St., Kewaunee

**Cost:** \$10 suggested donation

**To register:** Call the Aging & Disability  
Resource Center of the Lakeshore  
at 1-877-416-7083



# Caregiving is rewarding.

**But it can be challenging too.**

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

**Taking care of yourself is important.**

Powerful Tools for Caregivers (PTC) can show you the way!

**What is Powerful Tools for Caregivers? And why should I take it?**

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources